

PHYLLIS A. ERNST
Senior Center

Recreation & Parks
Department
3810 Veterans Memorial Drive
Hilliard, Ohio 43026
614.876.0747
8 a.m. – 4 p.m.

VOLUME 35, NO. 3
JUNE – AUGUST 2014
www.hilliardohio.gov



PLAY!

REAL PEOPLE. REAL POSSIBILITIES.

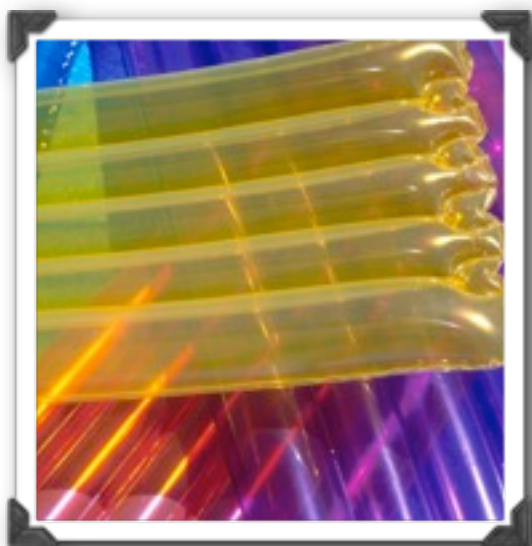


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Membership Renewal

Memberships are valid for a period of 12 months. A renewal form is available in the office. Memberships are \$15. Complimentary memberships are provided to those 90 years of age and older.

Passion for teaching and learning in Preschool

Caitlin Lane has been with the Recreation & Parks Department for nine years. She began as a lifeguard in 2005 and worked at the pools for seven summers. In 2011, she began working at the Community Center as a recreation aide but is still beside the pool in the summers, serving as the coach for the Hilliard Marlins.

Caitlin moved to Grandview Heights when she was 15. After graduating from high school, she went to the

University of Dayton and is now finishing up her degree in Healthcare Management at Franklin University. She has coached high school cheerleading and is currently a coach for USA swim club.

Growing up, Caitlin competed in championship-level Irish step dance competitions across the world. She now has a love for travel and is looking forward to an upcoming journey to the Dominican Republic with her mother and sister. Caitlin is also an avid reader.



WHAT ELSE CAN YOU TELL US?

What do you do if you can't sleep at night: Count sheep, toss and turn, do something productive?

Caitlin Lane, Staff: I toss and turn or watch television.

Ed Mills, Member: Toss and turn.

Steve Dellinger, Member: Try to do something productive.

Last thing you ate?

Caitlin: Oatmeal

Ed: Pancakes

Steve: Cookie

Scary movies or happy endings?

Caitlin: Depends on my mood.

Ed: Happy Endings

Steve: Happy Endings

Favorite sports team?

Caitlin: Buckeyes, college; Bengals, NFL; Reds, MLB

Ed: Bengals

Steve: Wisconsin Badgers

NEWS & NOTES

Senior Center Newsletter

VOLUME 35, NO. 3
JUNE – AUGUST 2014

Registration

Sign up for all new programs listed in this newsletter in person at 9 a.m., Tuesday, May 13. We begin taking call-in reservations at 1 p.m. You may also register and renew your membership online at hilliardohio.gov. Let us know if you need us to email your username and password.

Center Closings

The center is closed on Friday, July 4. The center is also closed Aug. 30-Sept. 9 for the annual cleaning. Please join us for The Hall of Fame on Tuesday, Sept. 9 at 5:30 p.m.

Programs Canceled

No programming or lunch on June 26 due to the Senior Olympics Wii Bowling Tournament being held here. There is no lunch on Wednesday and Thursday, July 2 and 3 due to the July 4 set up. We are offering a boxed lunch for you to pick up on July 1 during our regular lunch time you can eat on July 2. No programming or lunch on Thursday, Aug. 21 and Friday, Aug. 22 due to the Thrift Sale.

PLAY! Program & Activity Guide

For additional information on daily programs and cancellation policies pick up a Spring/Summer Program and Activity Guide.

Times Changes for the Summer

As the summer begins and swim season arrives, we are once again asking for your patience with the parking. **Beginning June 3, we are changing the time of all lunches to 11:30 a.m., euchre and bingo are at 12:30 p.m. Crafts are at 9:30 a.m. If your group would like its time to be later or earlier, please contact Dave.**

OSHIIP

The Ohio Senior Health Insurance Information Program provides free information and other health insurance services to people in Ohio covered by Medicare. Schedule a one-on-one appointment at the Center office for the fourth Thursday of the month.

Thrift Sale

Yes, it's time to clean out your attic, basement and garage and bring us all your unwanted items to sell at our annual thrift sale! This sale is a fundraising event for Happiness Club. Please bring your items to be donated to the center Monday, Aug. 18-Wednesday Aug. 20. No electronics please.

- Friday, Aug. 22, 8 a.m.-2 p.m.



Happiness Club Chicken and Noodle Dinner

The Happiness Club is having a fundraising dinner. Dinner includes chicken and noodles, mashed potatoes, green beans, bread and brownie. If you would like to volunteer to assist please sign up with Joy Hoffman or at Happiness Club.

- Friday, Oct. 24, 4-7 p.m.; \$7.50 adults, \$4 children

ACTIVITIES & SPECIAL EVENTS

Game Night

Get together for snacks, cards, puzzles, games and other social activities the first and third Thursday.

- Thursdays, June 5, 19, July 17 and Aug. 7 (no Game Night July 3 or Aug. 21), 5:30-8 p.m.; \$2, payable the night of

Prayer Luncheon

An area minister presents a short message after lunch. Reservations due Thursdays.

- Fridays, June 27, July 25 and Aug. 29, 11:30 a.m.; \$4

Bingo

Join us as Bingo is sponsored by area businesses, including Darby Glen, Mill Run Care Center, Mayfair Village and more.

- Thursdays, 12:30 p.m.; \$2

Happiness Club

Reservations due by noon the Tuesday prior. Call Joy Hoffman at 614.876.6694 to reserve, cancel or if you have a question. You are responsible for the cost of the meal if you register.

- Fridays, June 13, July 11, Aug. 8

Hand & Foot Card Game

Hand and foot is a card game related to canasta. Each player is dealt two sets of cards using one as the "hand" and one as the "foot." Learn to play the game or join in a game.

- Tuesdays, 12:30 p.m.; free

Po-ke-no

Mayfair Village sponsors Po-ke-no on the last Thursday of every month.

- Thursdays, July 31 and Aug. 28 (no Po-ke-no June 26), 10 a.m.



What are you waiting for?
Join in!

ACTIVITIES & SPECIAL EVENTS



Potluck Lunches

Must sign up and provide covered dish or dessert. Please bring your own silverware and plates. Senior center provides Iced Tea, Coffee.

- Mondays, June 2, Aug. 4, 11:30 a.m., \$1 (no Potluck in July)

Cooking for 1 or 2

Presented by Melissa McKenzie of Darby Glen Rehabilitation. Melissa demonstrates and discusses healthy cooking and tips on the second Monday of the month. Class size limited.

- Mondays, June 9, July 14, Aug. 11, 11:30 a.m.

Crochet Class

Experienced or beginner, have fun crocheting with others. Join Tricia Kincaid from Mill Run Gardens the fourth Wednesday of the month.

- 1 p.m.; free, supplies provided by Mill Run

Jewelry Making Class

Due to schedule conflicts Jewelry making has been moved to the second Friday every other month. All supplies are provided. This class is taught by Katie Edgington and Navi Kandula from The Laurels of Hilliard. Please register in advance.

- Fridays, June 13, Aug. 8, 1:30 p.m.; free

Lunch and Learn

All seminars start at 10:30 a.m. and lunch is served at 11:30 a.m. You must attend the seminars to receive the free lunch.

- **Wednesday, June 11:** Altercare: Whether you have a planned procedure/surgery or a sudden trip to the hospital, it is always best to be prepared. Sarah Dixon, Admissions Director with Altercare of Hilliard, goes over the ins and outs of pre-planned and even un-planned surgery, covering the following topics: How to choose a skilled nursing facility for rehab, important questions to ask when deciding where to go, insurance benefits/verification, rehab goals/expectations, returning home and home health care.
- **Monday, June 30:** Two Men and a Truck: Downsizing. Get tips on preparing for a move and packing, who to contact and more all while enjoying pizza.
- **Wednesday, July 16:** Edward Jones; Annuities and Your Retirement
- **Wednesday, Aug. 13:** Bring balance to your budget/Helping grandkids get to college

Keep Gambling Fun

Gambling can be fun and exciting – learn how to keep it fun without losing it all.

- Wednesday, June 25 12:30 p.m.; free

Steven Roush, Esq.

“How to stay out of the Nursing Home” with Mark Miller from Guardian Medical Monitoring who will share tips on how to avoid ever going to the nursing home, or at least how not to “prematurely” go to the nursing home. We also talk about VA benefits that can help give you money to pay for in home help (both medical and non-medical).

- Tuesday, June 10, 12:30 p.m.; free

Back to School Luncheon

Step back in time and remember the good ole days of reading, writing and arithmetic! Relive the first day of school at Senior Center High! Enjoy a school inspired lunch, cafeteria style. Bring an item for show and tell to share with the class. You’re sure to have fun, and this is a class you won’t want to skip!

- Tuesday, Aug. 26, 11:30 a.m.; \$4

Bonnie Trice & Associates: What am I going to do with all of this stuff?

Learn about and what are my options. From downsizing, relocating, family loss to estate sale/tag sale, auction, online auction, yard sale and donation.

- Thursday, June 19, 12:30 p.m.; free

Fireman’s Luncheon

Join us as our local firefighters present an informative program and serve us lunch.

- Friday, Aug 1, 11 a.m.; free

EXCURSIONS



Local Shop

The center bus picks you up at your home if you live in the City of Hilliard and departs from the center at 11 a.m. on Fridays; \$2. Please call in advance to make a reservation.

- June 6: Meijer
- June 20: Kroger
- July 11: Walmart
- July 18: Meijer
- Aug. 1: Kroger
- Aug. 15: Walmart
- Aug. 29: Meijer

Hollywood Casino

Enter a world of the hottest gaming action featuring over 2,500 blockbuster slots, over 70 big-time table games, and 36 tables of live poker; \$20 free play 1/2 price buffet.

- Tuesdays, June 24, July 8 and Aug. 5, 9:30 a.m.; \$3, plus lunch OYO at Casino

Scioto Downs Racino

With more than 2,100 of the most popular games, you're sure to find the game for you! \$15 free play; \$5 dining credit.

- Wednesdays, June 18, July 23 and Aug. 20, 9:30 a.m.; \$4, plus lunch OYO at Racino

Stan Hywett Garden Only Tour

Back by popular demand – this is a guided garden tour only. In 1898, F.A. Seiberling founded The Goodyear Tire & Rubber Company, naming it after Charles Goodyear, the inventor of the vulcanization process for rubber. It was the turn of the 20th century and the Industrial Age was forming modern America where cities grew and industries flourished. Akron, Ohio was no exception – it built its foundation on the rubber industry to become the “Rubber Capital of the World.”

- Thursday, June 12, 9 a.m.; \$7 at signup, plus \$7 cash day of the tour

Dignified Diners: Easton Rusty Bucket

The Rusty Bucket is more than just a restaurant and tavern. It's a whole philosophy of food, family and friendship that truly has a life of its own. Enjoy lunch and time to shop at Easton Town Center afterward.

- Monday, July 21, 10:30 a.m.; \$4, plus lunch OYO

Frank Loyd Wright: Westcott House Tour

The Westcott House, the product of arguably the most important architect of the modern era, was designed in 1906 and built in 1908. In its prime, The Westcott House not only embodied Frank Lloyd Wright's innovative Prairie School architectural design but also extended Wright's concept of relating the building to its site by means of a terrace, a pool, gardens and other landscape elements.

- Tuesday, June 17, 9 a.m.; \$6 at signup and \$12 cash the day of the tour. Lunch OYO at Golden Jersey Inn in Yellow Springs.

Zoar Historic Village Tour

Zoar Village was founded in 1817 by a group of 200 German Separatists seeking escape from religious persecution in their homeland. These Separatists thrived as a unique Society for more than 80 years, making Zoar Village one of the most successful communal settlements in American history. Tour some of the homes and the museums, see early American architecture and enjoy the quaint village scenery.

- Thursday, June 26, 8:30 a.m.; \$7 at signup and \$7 cash day of tour. Lunch OYO at Canal Taverns of Zoar.



Real People. Real Possibilities.

Continued on page 5

EXCURSIONS

Glass Axis Non Profit Art Center Glass Blowing Demo and Tour

What began as a traveling hot shop over 20 years ago has become a 10,000 square foot non-profit glass art studio, with over 100 members, a gallery, and a mission dedicated to teaching and education. Our professional artists give tours and glass blowing demonstrations to groups of all ages.

- Thursday, July 10, 9:30 a.m.; \$3 at signup, \$4 cash day of tour, plus lunch OYO at local restaurant

Senior Day at the Franklin County Fair

Enjoy free breakfast, lunch and bingo. Entertainment throughout the day.

- Tuesday, July 15; free shuttle service 9 a.m.- 2 p.m. where you ride in the 12-passenger van directly to the senior tent at the fair
- \$5 tickets available at the gate

The Kelton House and Garden Tour

The Kelton House Museum & Garden, located in the East Town Street Historic District, interprets urban life and the decorative arts in Columbus during the second half of the 19th century, largely through the collection of the Sophia and Fernando Cortez Kelton family.

- Thursday, July 17; 9:30 a.m.; \$4 at sign up and \$5 cash day of tour. Lunch OYO at local restaurant.

Mosser Glass Tour and Theo's Restaurant

Mosser Glass, located in Cambridge, Ohio, has been manufacturing quality hand-pressed glass products for over 30 years. Our handcrafted glassware lines consist of Carnival, Vaseline, and Opalescent, as well as hand-decorated pieces

- Thursday, July 24; 9 a.m.; \$7 at signup, plus lunch OYO at Theo's

The Ohio State Fair

Enjoy great displays like the famous butter cow and Natural Resources Park, get some cooking tips from professionals and local celebrities and plenty more. This year, guests can also enjoy an amazing performance of "Sinatra Forever" featuring Rick Michel and his seven-piece big band at no additional cost!

- Tuesday, July 29, 8:30 a.m.; \$7 includes bus and admission. Lunch OYO.

Findlay Public Market Tour/ Shopping Cincinnati, Ohio.

Enjoy a 45-minute guided tour that includes the history of Ohio's oldest public market, what's happening today at the market, and the exciting plans for its future, plus a coupon good for a treat from Dojo Gelato, Taste of Belgium or Mediterranean Imports. The Findlay Market is home year-around to about two dozen indoor merchants selling meat, fish, poultry, produce, flowers, cheese, deli, and ethnic foods.

- Thursday, July 31, 8 a.m.; \$7 at signup and \$10 cash the day of the tour. Lunch OYO at the Market.

Dignified Diners: Food Truck Court, Columbus Commons

Enjoy a plethora of fantastic lunch options at Columbus Commons. The Food Truck Food Court features local food trucks serving up some of the best eats Columbus has to offer. Enjoy unique dishes from Challah, Paddy Wagon, Pitabilities, Tatoheads, The Angry Wiener, Tortilla, and two more trucks rotating monthly.

- Thursday, Aug. 7, 10:30 a.m.; \$3, plus lunch OYO

Hanby House Tour

This Civil War era historic house was home to Bishop William Hanby's family. Bishop Hanby was a co-founder of Otterbein University, a United Brethren minister, a Temperance leader and an abolitionist. The house served as a stop on the Underground Railroad.

- Tuesday, Aug. 12, 9:15 a.m.; \$4 at signup. \$3 day of tour, plus lunch OYO at local restaurant



**Check with Flyer Board for
Registration Materials for
all of our excursions.**

Slate Run Metro Parks Tram Tour

Ride the tram through Slate Run Metro Park. Slate Run features a variety of habitats ranging from the open areas of grasslands, wetlands and meadows to the forested areas of beech, oak, hickory and sugar maple.

- Thursday, Aug. 14, 9 a.m.; \$5, plus lunch OYO at local restaurant

Archery Class at Battelle Darby Metro Park

Did you ever want to play Cupid? Meet the naturalist at Battelle Metro Park to learn how to use a bow and arrow and then take aim at a target. This class is limited to 15 people.

- Tuesday, Aug 19, 11 a.m. \$3; plus lunch after class OYO

Cincinnati Reds vs Chicago Cubs

See the Reds vs Cubs from a comfortable covered seat! Rain or shine is no problem.

- Thursday, Aug. 28, 9:30 a.m.; \$27 includes bus and ticket to game (section 135)

Cleveland Indians vs Minnesota Twins

- Thursday, Sept. 11, 12:05 p.m. start, additional information coming soon



COMPUTER CLASSES



iPhone Basics

Sessions: Consists of two separate two-hour sessions

Prerequisite: Helpful to have email account and Apple ID established

Equipment: Bring your own iPhone or just sit back and watch the instructor demonstrate

Handout Provided: All participants receive a booklet outlining class materials

Class Description: Participants learn about the iPhone buttons and their functions. The instructor also shows how to use the touch screen, navigate from the home Screen, use standard apps, rearrange icons, change wallpaper, surf the Internet, maximize the screen for easy article viewing, and how to use email to send pictures.

- Tuesdays, July 8 and 15

Online Music: Streaming & Downloading

Sessions: Consists of two separate two-hour sessions

Prerequisite: Internet Basics or equivalent knowledge. Also helpful to have email account and an account to any of the services listed below

Equipment: Bring your own laptop, work on our computers, or just sit back and let the instructor demonstrate

Handout Provided: All participants receive a booklet outlining class materials

Class Description: Learn about Pandora, I Heart Radio, and Spotify so you can play songs for FREE on your computer using the Internet! You will search for the style of music you want to listen to, how to find music similar to a song or singer/ band you like and how to teach the streaming music to ignore songs or artists you don't like. Finally, learn how to buy, download and play music using the two biggest music sites on the Internet, Amazon.com and iTunes.

- Tuesdays, July 22 and 29

Introduction to iTunes

Sessions: Consists of two separate two-hour lecture style sessions

Prerequisite: Computer Basics or iPad Basics or equivalent knowledge. Also helpful to have email account and Apple ID established

Equipment: Bring your own iPad or laptop, work on our computers, or just sit back and watch the instructor demonstrate

Handout Provided: All participants receive a booklet outlining class materials

Class Description: Learn about using iTunes on your computer or iPad. Learn to move around in iTunes, add music and videos from the iTunes Store and sync your iTunes items to your iPad or iPhone if you have one.

- Tuesdays, Aug. 5 and 12

Digital Camera & Photo Editing Basics

Sessions: Consists of two separate two-hour sessions

Prerequisite: Computer Basics or equivalent knowledge.

Equipment: Bring your own digital camera and transfer cable.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: Participants learn how to zoom, take quality pictures and transfer shots to a computer. The instructor also teaches how to download the free Picasa photo editing program for editing, cropping, printing and emailing photos.

- Tuesdays, Aug. 19 and 26

Introduction to Windows 8

Sessions: Consists of a single two-hour lecture style class.

Prerequisite: No Prerequisite Required.

Equipment: Bring your own laptop or just sit back and watch the instructor demonstrate.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: Join us and see how Windows 8 has changed some things! Learn the new features and how to move around in this new windows operating system. Learn how to get to and open the files you save as well as where other things are located. How to close programs and windows when you are done using them. Lastly, learn how to shut down the computer to turn it off.

- Tuesday, Sept. 16

Sessions meet Tuesday from 10 a.m.-noon and are \$44 for two-part classes and \$22 for one-part class. Advanced registration required.

Saving & Organizing Your Files

Sessions: Consists of two separate two-hour sessions

Prerequisite: Computer Basics or equivalent knowledge

Equipment: Bring your own laptop or work on our computers

Handout Provided: All participants receive a booklet outlining class materials

Class Description: We begin with a basic overview of computers and how to properly use the mouse and keyboard then learn how to save files effectively, find them, and organize them on your computer. We learn the layout of the folders and files on the computer then learn how to customize the look of those folders and icons.

- Tuesdays, Sept. 23 and 30

Internet Basics Using Google Chrome

Sessions: Consists of two separate two-hour sessions.

Prerequisite: Computer Basics or equivalent knowledge.

Equipment: Bring your own laptop or work on our computers.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: The first session explains the basics of search engines and the basic functions of a browser. Participants learn how to connect to the Internet and how to browse through websites efficiently. While learning, participants explore some of the advantages of using Google Chrome instead of Internet Explorer. The second class provides time for review and progress to saving bookmarks and setting your home page. Participants also learn to download and retrieve files saved from the Internet.

- Tuesdays, Oct. 7 and 14

HEALTH & WELLNESS



Golf

Want to Golf on Wednesdays in a relaxed atmosphere, make some new friends and have fun? Then join us when you are available this season. Sessions begin Wednesday, May 7, 9 a.m.

- Wednesdays, May-September

Wellness Wednesday Lunch

Staying active, maintaining spiritual well-being and eating well are keys to living a longer, healthier life no matter how old you are. Nurture your mind, body and spirit through lunch and educational programs on the third Wednesday of the month.

- Wednesdays, June 18, July 16, and Aug. 20, 11:15 a.m.; \$4

Chair Volleyball

Play this fun version of volleyball with a 20-inch beach ball, smaller court and lower net. Instructor: Linda Hoover.

- First and third Fridays, 10:15 a.m.; free

Get Fit

Some exercises are done while seated and some while standing. All students work at their own pace. Free weights are used. Instructors: Tony Johnson and Maggie Schmidt.

- Tuesdays and Fridays, 9:15-10 a.m.; \$2 a class or an activity card

Strength Training

Fitness equipment, a treadmill, stationary bicycles, an elliptical machine and free weights are available at the Community Center during open hours.

- \$5 month

Tai Chi

Come give Tai Chi a try! Tai Chi is gentle exercise that incorporates meditation and movement that increases your strength, flexibility, balance and overall level of fitness. Instructor: Jim Long.

- Wednesdays, 2 p.m.; \$2 or an activity card

Indoor Walking

Indoor walking is available in the gym, except during weeks Summer Camps are held; pick up a schedule in the office.

- Monday-Friday, 8-9 a.m.

Zumba

Zumba uses interval training combining fast and slow rhythms for an effective aerobic workout. Instructor: Doreen Woodard.

- Mondays and Wednesday, 9:15-10 a.m., Sundays 5-5:45 p.m., Thursdays, 6-6:45 p.m.; \$3 drop-in fee

Line Dancing

Line dancing is a great way to exercise and have fun! Special clothing is not needed but best not to wear athletic shoes. Instructor: Nancy Bryner.

- Tuesdays, 1:15 p.m.; \$2 or an activity card

Bocce

Equipment is available in the center for use at the courts behind the center. Stop in and request the equipment any time we are open. We are looking for a facilitator to lead an organized morning of play. If you are interested, please contact Dave.

Summer Water Aerobics

Join us at the HFAC in the slide pool. Instructor: Darlene Taynor.

- Mondays and Thursdays, June 9-Aug. 7, 9-9:45 a.m.; \$2

Lifestyle Group Exercise

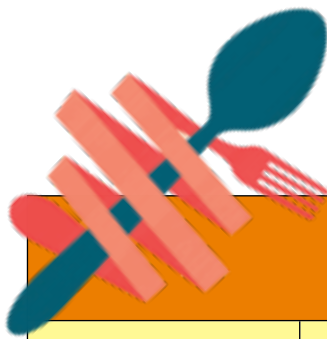
This new class empowers you to reach your potential through group exercise, personal coaching and wellness pursuits. Each 45-minute class helps you with balance, strength, and endurance. The exercise is challenging but attainable, standing and using chairs for stability. There is no floor work involved at all. Instructor: Jane Stauffer.

- Tuesdays, 1:30-2:15 p.m. and Thursdays, 10:30-11:15 a.m.; \$5 drop-in fee, but try the first class for free!

Pickleball

Interested in Pickleball? It is a court game slower than tennis with strategies similar to tennis and table tennis. Pickleball is played with wood or composite paddles and perforated, plastic balls similar to Wiffle balls. The game is named after a co-inventor's dog, Pickles, a cocker spaniel with a penchant for chasing stray balls from the playing courts and hiding them in nearby bushes. We are going to start this new program in the fall. Watch for additional details in your next newsletter.





HILLIARD PARK CAFE

JUNE 2014

Tuesday	Wednesday	Thursday	Friday
3	4	5	6
BBQ Pork Sandwich Pasta Salad Celery & Carrots Vanilla Ice Cream Peanut Butter Cookies	Parmesan Chicken Mashed Potatoes Brussel Sprouts Chocolate Cherry Bars	Taco Salad Fruit Cup Muffin Root Beer Float	NO LUNCH
10	11	12	13
Cabbage Rolls Mashed Potatoes Glazed Carrots Apple Crisp	Tuna Noodle Casserole Cottage Cheese with Peaches Peas Mint Dessert Squares	Backed Ham Scalloped Potatoes Corn Pineapple Upside Down Cake	Happiness Club Baked Chicken Potato Salad Baked Beans Fruit Salad Dessert
17	18	19	20
Chicken Chow Mein over Rice Tossed Salad Pistachio Pudding	Wellness Wednesday Bacon Quiche Fresh Fruit Muffin Cherry Cheesecake	Spaghetti with Meat Sauce Tossed Salad Garlic Bread Brownie Sundae	Carriage Court
24	25	26	27
Sloppy Joes Mac & Cheese Chips & Relishes Ice Cream & Cookie	Pork Chops Parsley Potatoes Green Beans Strawberry Short Cake	NO LUNCH	Prayer Luncheon Baked Steak Mashed Potatoes Mixed Vegetables Cherry Pie

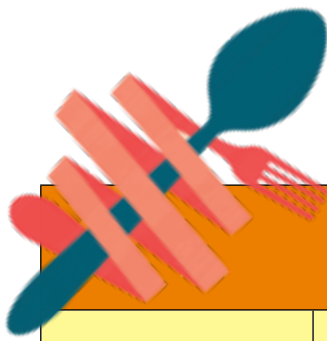
CALL
614.876.0747

Please make a reservation by 4 p.m. the preceding day.

Meals are served at 11:30 a.m.
Individual meals are \$4.
Happiness Club is \$5 and special event lunches may be more.

Meal tickets are available in the Senior Center office as an alternative to paying the \$4 meal charge each day.

A meal ticket may be purchased for six (6) meals for \$23 or 12 meals for \$46 with cash, check, VISA, Discover or MasterCard.



HILLIARD PARK CAFE

JULY 2014

Tuesday	Wednesday	Thursday	Friday
1	2	3	4
Pot Roast with Potatoes & Carrots Cole Slaw Vanilla Pudding	Box Lunch Ham & Cheese Croissants Chips Apple Cookie Pick up on July 1	NO LUNCH	CLOSED
8	9	10	11
Baked Fish Cheesy Potatoes Stewed Tomatoes Broccoli Salad Ice Cream & Cookie	Cheddar Chicken Au Gratin Potatoes Mixed Vegetables Cherry Crisp	Brats Potato Salad Baked Beans Apple Sauce Chocolate Pudding	Happiness Club Roast Beef Mashed Potatoes Broccoli Apple Sauce Dessert
15	16	17	18
City Chicken Scalloped Potatoes California Blend Vegetables Cherry Crisp	Wellness Wednesday Broccoli Cheese Soup Ham Salad Strawberry Shortcake	Salmon Patties Parsley Potatoes Creamed Peas Lemon Dessert	Carriage Court
22	23	24	25
Ham Loaf Mac & Cheese Peas & Carrots Lemon Cake	Stuffed Peppers Mashed Potatoes Mixed Vegetables Apple Pie	Pork Stroganoff over Noodles Succotash Fruited Jello Sherbet & Cookie	Prayer Luncheon Chicken Salad Croissants Fresh Fruit Muffin Ice Cream
29	30	31	
Chicken Cordon Bleu Mashed Potatoes Glazed Carrots Butterscotch Pudding	Salad & Baked Potato Bar Ice Cream Sundae	Pork Chops Stuffing Green Beans Marble Cake	

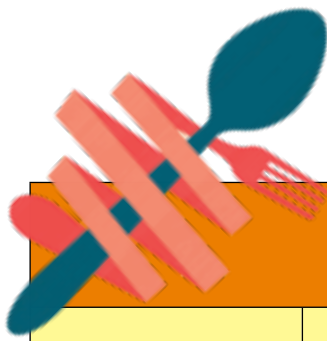
**CALL
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A meal ticket may be
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\$23 or 12 meals for \$46 with
cash, check, VISA,
Discover or MasterCard.



HILLIARD PARK CAFE

AUGUST 2014

**CALL
614.876.0747**

Please make a reservation by
4 p.m. the preceding day.

Meals are served at 11:30 a.m.
Individual meals are \$4.
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meal charge each day.

A meal ticket may be
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\$23 or 12 meals for \$46 with
cash, check, VISA,
Discover or MasterCard.

Tuesday	Wednesday	Thursday	Friday
			1
			Firefighters Lunch Begins at 11 a.m.
5	6	7	8
Taco Salad Muffin Fruit Pizza	Pot Roast with Potatoes & Carrots Cole Slaw Angel Food Cake with Pineapple	Baked Ham Au Gratin Potatoes Broccoli Vanilla Pudding	Happiness Club Roast Pork Parsley Red Potatoes Succatash Perfection Salad Dessert
12	13	14	15
Chicken Parmesan with Spaghetti Green Beans Garlic Bread Spumoni Ice Cream	Tuna Noodle Casserole California Blend Vegetables Cherry Cheese Cake	Cabbage Rolls Mashed Potatoes Corn Lime Poke Cake	Carriage Court
19	20	21	22
Salmon Patties Parsley Potatoes Cream Peas Peach Crisp	Wellness Wednesday Salisbury Steak Mashed Potatoes Mixed Veggies Lemon Dessert	NO LUNCH	NO LUNCH
26	27	28	29
Back to School Sloppy Joes Chips Celery & Carrot Sticks Apple Sauce Brownies	Sweet & Sour Beef over Rice Broccoli Cherry Crisp	Pork Chops Parsley Red Potatoes Mixed Vegetables Chocolate Cake	Prayer Luncheon Cheddar Chicken Mashed Potatoes Dilled Carrots Pig lickin Cake

SENIOR CENTER DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>8 a.m.: Indoor Walking</p> <p>9 a.m.:</p> <ul style="list-style-type: none"> • Bowling at Sawmill Lanes • Cribbage <p>9:15 a.m.: Zumba</p> <p>10:30 a.m.: Bible Study</p>	<p>8 a.m.: Indoor Walking</p> <p>9:15 a.m.: Get Fit Exercise Class</p> <p>10 a.m.: Beginner Bridge</p> <p>10:30 a.m.: Choir</p>	<p>8 a.m.: Indoor Walking</p> <p>9 a.m.: Golf (various courses)</p> <p>9:15 a.m.: Zumba</p> <p>9:30 a.m.: Corn Hole; Refresher Bridge</p> <p>10 a.m.: Craft Club</p>	<p>8 a.m.: Indoor Walking</p> <p>9:15 a.m.: Get Fit Exercise Class</p> <p>9:30 a.m.:</p> <ul style="list-style-type: none"> • Open Studio • Alzheimer's Support Group (third) <p>10:15 a.m.: Chair Volleyball (first and third)</p> <p>11 a.m.: Local Shopping (first and third)</p>	<p>8 a.m.: Indoor Walking</p> <p>9:15 a.m.: Get Fit Exercise Class</p> <p>9:30 a.m.:</p> <ul style="list-style-type: none"> • Open Studio • Alzheimer's Support Group (third) <p>10:15 a.m.: Chair Volleyball (first and third)</p> <p>11 a.m.: Local Shopping (first and third)</p>
Lunch		11:30 a.m.	11:30 a.m.	11:30 a.m.	<p>11:30 a.m.</p> <ul style="list-style-type: none"> • Happiness Club (second) • Carriage Court Dine & Discover (third) • Prayer Luncheon (fourth)
Afternoon	<p>12:30 p.m.:</p> <ul style="list-style-type: none"> • Duplicate Bridge • Pinochle 	<p>12:30 p.m.: Hand and Foot cards</p> <p>1:15 p.m.: Line Dancing</p> <p>1:30-2:15 p.m.: New Lifestyle Exercise Class</p>	<p>12:30 p.m.: Euchre</p> <p>1 p.m.: Crochet (fourth)</p>	<p>12:30 p.m.: Bingo</p> <p>1 p.m.: Pinochle</p> <p>5:30 p.m.: Game Night (first and third)</p> <p>6 p.m.: Zumba</p>	<p>1:30 p.m.:</p> <ul style="list-style-type: none"> • Friday Flick (second and last) • Jewelry Making (second, every other month)



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Real People. Real Possibilities.

Center Closings

The center is closed on Friday, July 4. The center is also closed Aug. 30-Sept. 9 for the annual cleaning. Please join us for The Hall of Fame at 5:30 p.m., Tuesday, Sept. 9.

Extra! Extra! Read All About It!!



SAVE THE DATE:

Hilliard Senior Citizen Hall of Fame

Please join us Sept. 9 for the 2014 Hilliard Senior Citizen Hall of Fame induction. We will host a special reception from 5:30-6:30 p.m. and the recognition ceremony from 6:30-8 p.m. The Hall of Fame Committee selects one or two honorees each year (one living and one posthumous) for a lifetime of service and achievement as well as how they represent a positive image of aging. Nominations for this honor may be made by completing and returning a nomination form, available at the Senior Center, before July 1. Nominees must be 65 years of age or older and must live within the Hilliard School District (exceptions apply). Additional eligibility criteria and information may be found on the nomination form.

Real People. Real Possibilities.

